You may be real fussy about your foot wear-you may have a real hard foot to fit -your ideas of style may be very plain and ordinary, or you may like an elaborate shoeperhaps you have a tender foot or some pet spot that has to be favored - in any event, go to the nearest Craddock dealer and let him fit your foot.

This same shoe in our "Autograph" Brand, \$2,50 - \$3,00 is Goodyear West Sewed; in our College Woman's Walaing Shoe, \$3,00 - \$3,50 - \$4,00, 14 equals the best enstammake.

0

THE SOUTHIRN GIRL \$2.00-SHOE-\$2.50

HOLD THE RIGHT IDEALS.

Latent Courage and the Power of Men-

tal Suggestion.

weaknesses and deficiencies, but it is perfectly possible to increase the gen-

eral ability through the power of sug-gestion, says Orison Swett Marden in Success Magazine. Indeed, the sus-

ceptibility of all the mental faculties to improvement, to enlargement, is

Sometimes very strong faculties are

latent until especially aroused. There are many people who pass for cow-

ards, who are humiliated because they

have so little courage, when, if they only knew how, they could strengthen

this deficient faculty wonderfully by

holding the courageous ideal, by thinking and doing the courageous

deeds, by carrying the flought of fear-lessness, by reading about heroic lives.

to be aroused. There are many people living lives of mediocrity who might

of a sprain. It was also believed and is still by some that if a servant girl

finds nine green peas in one pod and lays them on the window sill the first

man that enters will be her beau. Nine grains of wheat laid on a four leaved clover enables one, it is said, to

The Curse of Genius.
The somber, long haired, seedy look-

ing man was speaking in a voice of

"A million times a million fateful

curses sit balefully athwart his bateful head of tow! Through the gloomy eons

may his black soul flit homeless for

"Off his balance, I suppose?" ob

"Oh, no," said Smith; "that's Rimer,

the well known poet, swearing at the

editor who rejected his verses "-Puck.

No Practical Difference

"I made a mistake," sald young Mrs. Torkins, "and picked up my locket in-

stead of the little gold watch you gave

"Never mind." replied her husband.

Knew What They Were. Examiner-Well, my good boy, can

you tell me what vowels are? First Boy-Vowis, zur? Ess, of course I can

Examiner—Tell me, then, what are vowels? First Boy (grinning at the simplicity of the question)—Vowls. zur?

Why, vowls be chickens!-London An-

Sundays Only.

Mrs. Hoyle-Your husband's busines

keeps him out of town all the week, I understand? Mrs. Doyle—Yes, he is at

home only one day. I call him my Sunday supplement.—New York Press

The Easy Way. "You must take rigorous exercise if you expect to regain your bealth."

"Aw, shucks, doc; why can't I take some kind of a patent pill?"-Kansas

something remarkable.

and enlarged.

see the fairies.

ever

served the stranger.

We not only can strengthen mental

is made in all leathers, all widths and sizes, on broad, easy lasts, on narrow lasts with high insteps, with high, low and medium heels, high arch, low arch, etc., etc. We include the best styles in our nobby patterns, and also make a number of shoes along plain and simple lines. With each goes the best of leather, honest making, long wear. See the line at our dealers' store in your town.

book for the Red Bell on the Box

CRADDOCK-TERRY CO., Lynchburg, Va.

N& W Norfolk & Western

SCHROULE IN REFECT, MAY 15, 1910 LEAVE BUENA VISTA

2.20 p.m.—For Bristol and intermed ate stations. Pullman Buffet sleep er to Bristol. Connects at Roanok with St. Louis Express for all point West. Pullman Sleeper Roanoke to Columbus, and Cincinnail Cafe Car.
7.05 a.m.—For Roanoxe, Bluefield, Pocahontas, Norton, Winston-Salem, Charlotte, Welch and intermediate stations. Pullman Sleeper to Gary. Cafe Dining Car connects at Roanoke with Memphis Special for Portsmouth.
1.57 p.m.—For Hagerstown, Philadelphir, New York, Pullman Buffet sleepers via Hazerstown for Harrishurg, Philadelphia and New York, 9.15 p.m.—For Hagerstown, Philadelphia and New York, Pullman Sleeper to Philadelphia, Cafe Car.
Rates, time tables and information cheerfully furnished upon application to Agent N, & W. Ry.
W. B. BEVILL,

W. B. BEVILL,

Gen. Pass, Agt. Roanoke, Va. Jan. 13'09 M. F. BRAGG,

Baltmore & Ohio R. R.

HEDULE IN REFEOT MAY 29, 1910

LEXINGTON All Trains Daily Except Sunday

HARRISONBURG, WINCHESTER, CHARLESTOWN and HARPER'S FERRY, Depart 4.00 a.m., 12.00 noon 1,30 p. m. Arrive 6.00 p. m. CHICAGO, Depart 4.00 a.m., 12.00 noon, Arrive 6.00 p. m. PITTSBURG, Depart 4.00 a.m. 12.00 roon.

WASHINGTON & BALTIMORE, De

part 4.00 a. m., 12.00 noon 1.30 p. m. Arrive 6.00 p. m. HAGERSTOWN & FREDERICK. Depart 4,00 a, m. Arrive 6,00 p. m.

Virginia Polytechnic Institute BLACKSBURG, VA.

Degree courses in Agriculture, Horti-culture, Applied Chemistry, Applied Geology, Civil, Mining, Mechanical and Electrical Engineering, Metallurgy and Metallography, and Preparatory Ve-terinary Medicine: Sixty-four Instruc-tors, Thoroughly Equipped Shoos, Laboratories and Barns. Steam heat-ing and electric lights in domittories. Labrary 12,000 volumes. Farm of 1,100 acres.

School of Agricultural Apprentices, (One Year Course for Young Farmers.)

Total cost of session of nine months, including tuition and other fees, board, washing uniforms, medical attendance, etc., \$284.60. Cost to Virginia students, \$234.60.

\$234.60.

The next session opens Wednesday,
September 21, 1910.
Paul B. BARRINGER, M. D., LL. D.
President.

July 6 '10.-3 mos

Foley Kidney Pills

What They Will Do for You

They will cure your backache, strengthen your kidneys, correct urinary irregularities, build up the worn out tissues, and eliminate the excess uric acid that causes rheumatism. Prevent Bright's Disease and Diabates, and restore health and strength. Refuse substitutes. B. H. GORRELL.

QUAINT EPITAPHS.

Gems From Ancient Graveyards In

The Suffolk (England) Institute of Archaeology has been collecting epi-taphs from the ancient graveyards throughout the shire, and several of the most curious are here printed. One shows traces of a pessimistic philoso-phy surprising when we consider the strong orthodoxy of the day when the epitaph was written;

Beneath this stone lies Catherine Gray.
Chauffed to a lifeless lump of clay.
By earth and clay she got her pelf.
And now she's turned to clay herself.
Who knows but in the course of years
in some tell pitcher or brown pan
She in her shop may stand again. Another from Suffolk reads as fol-

Here lies Robert Wallas,
The King of Good Fellows,
Clerk of All Hallows
And maker of bellows.

These which follow could scarcely be lines chosen by the reverend occupant of the tomb himself, a clergyman

Here lies at rest, I do protest. One Caest within another. The chest of wood was very good. Who says so of the other?

And, to conclude, here is a bit of phithat cannot be improved by any of the great thinkers of all time:

Here I lie outside the chancel door; Here I lie because I'm poor. The further in the more they pay, But here I lie as warm as they.

A Wooden Head.

Certain members of the house party were describing the accidents that had happened to them during their various careers. Adventures by flood, fire and field had all been well received, and De Sappleby, eager for fame, thought

it was his turn.
"D'you know," he said, "I had a very painful experience once. I ran a con-founded splinter quite half an inch long right under my finger nall, don't you know.

"Really, Mr. de Sappleby," said a miden of the party. "How did you maiden of the party.

"Well," he said, "it happened like As he spoke he unconsciously raised his hand and scratched his fore-

"Oh, I see," she interrupted sweetly. "How very careless of you!"-St. Paul Dispatch.

Carpets and Rugs.
Carpets and rugs were originally employed by oriental nations for sitting. clining and kneeling purposes during votion. When introduced among devotion. the western peoples they were for a long time used for purely ornamental purposes, covers for tables or equehes and for laying before altars or chairs of state upon great occasions. Carpets by constantly thinking the heroic thought and trying to live it. The courage may be small in a person be-cause it has never been called late sufficient exercise. It may need only were brought to Europe by the Moors, but it was well into the eighteenth century before they thing like general use before they came into any-

Capt. Bogardus Again Hits The Bull's Eye This world famous rifle shot who do great things, might become mental glants, if their dormant faculties were aroused their general ability improved holds the championship record of 100 pigeons in 100 consecutive shots is liv ing at Lincoln, Ill. Recently interviewed, he says: "I suffered a long The Number Nine.

There were nine earths, according to mediaeval cosmogony, nine heavens, nine rivers of hell and nine orders of necessity. The number helps perfection time with kidney and bladder trouble and used several well known kilney medicines, all of which gave me no relief until I started taking Foley Kidney nine rivers of heil and nine orders of angels. The number being perfection since it represented divinity was of-ten used to signify a great quantity, as in the phrases, "A nine days' won-der," "A cat has nine lives" and "Nine tailors make a man." In Scotland a Pills, Before I used Foley Kidney Pills I had severe backaches and painin my kidneys with suppression and n cloudy voiding. On arising in morning I would get doll herdaches. distempered cow was cured by washing her in nine surfs. To see nine mag-Now I have taken three bottles of Forey Kidney Pills and feel 100 per ples was considered extremely lucky. cent better. I am never bothered with Nine knots made in a black woolen thread served as a charm in the case my kidneys or bladder and again feel like my own self." B. H. Gorrell.

Useless Controversy. "A man learns to avoid useless con-troversy as he grows older."

"That's right," assented Mr. Enpeck.
"Now, when my wife used to say that she could have done better than to marry me I used to argue the question."-Kansas City Journal.

Doan's Regulets cure constipation, tone the stomach, stin usate the liver, promote digestion and appetite and easy passages of the bowels. Ask your druggest for them. 25 cents a box.

Historical.

Mrs. Green and Mrs. Smith ca before sunrise today and settled their bills," said the clerk in the corner gro-

Ah, indeed!" laughed the fat grocer, "Well, I always was interested in the early settlers."-Chicago News.

Itching, Blind, Bleeding, Portruding Piles. Druggist are authorized to refund money if PASO OINTMENT falls to cure in 6 to 14 days. "The only difference is that the watch doesn't tell time and the locket doesn't even pretend to."—Washington Star.

A Festival of Flowers At Genzanc, Italy, near Rome, during the festival of flowers, one of the streets is carpeted with genuine flow ers in elaborate designs. The work and designing are done by the people who live on the street. This festival

There's nothing so good for a sore throat as Dr. Thowas' Eclectric Of. Cures it in a few hours. Relieves any pain in any part,

Just the Very Trouble.

A French scientist says that the oceans hold enough gold in solution to give each inhabitant of the earth \$24,-000,000. The trouble is that they will continue to hold it.-Albany Journal.

To feel strong, have good appetite and digestion, sleep soundly and enjoy life, use Burdock Blood Bitters, the rtes system tonic and builder.

SELL TO SATISFY.

How the Habit of Duying In One's Home Town May Be Encouraged. The headline sounds peculiar, yet I thought it a fit one for the subject I wish to discuss. The general comment is that we always sell to satisfy. But do we? That is a question that only the customers can answer. As far as our own satisfaction is concerned, it is

probably true, but that is not as far as

business nowadays extends. To pocket the cents now and lose dollars afterward is mighty poor policy.

How many salespeople—and I might say proprietors—pride themselves on merchandise they see on their custom-ers after they have once sold them?

During the time of the making of the sale they use every phrase found in the vocabulary to tell of a garment's merits and suitableness to a particular customer, but once the customer has bought and paid for the garment no more attention is paid her on her purchase. The clerk may have noticed that the

color or the lines were not belitting, but since the customer showed an in-clination toward that particular piece of merchandise the clerk urged her on oward the purchase of it regardless of its becomingness.

Such sales are wrong. They reflect upon the good taste and judgment of a

A store should pride itself upon its capability of having the best dressed clientele regardless of price, be it high, medium or low priced garments, of any store in its vicinity.

Just as an architect prides himself upon the results of a carefully planned and tastefully built house, so should the business of a store be planned and followed out.—Dry Goods Reporter.

DO YOUR OWN THINKING.

Business Men Ought to Get Out of Their Mental Ruts.

Some men seem to think their heads fulfill the purpose for which a beneficial Providence intended them when they absorb three meals a day and afford a means of displaying the latest ideas in hats. Like the dog with the "tired feeling" that used lean against the fence to bark, the process of thinking is so exhausting that with many it is only indulged in

at long intervals.

People let out their thinking. politics there are few men who can give a reason for being on one side or the other beyond echoing the sentiments of some wily politician or loud mouthed demagogue. Religious opin-ions and convictions in a majority of cases are the absorbed product of other minds. A good deal of intellectual swallowing is done by those who would doubtiess resent the imputation of credulity.

This is an age of brilliant mental effort, but the brilliancy seems to be largely borrowed. What the world wants is more independent individual thought. Let business men quit the ruts and cut out thinking paths for themselves. An hour of careful thought and wise planning is worth a whole day of aimless plodding. "Pon-der the paths of thy feet and let all thy ways be established."-Canadian Shoe and Leather Journal.

Forming a Country Club.
ry community should have a ountry club. More important perhaps is the fact that every community can have one if there is just one man to go ahead, work up enthusiasm and carry out details. Almost every club in the country owes its existence to the public spirited efforts of some indi-

Two or three things seem reasonably certain to successfully start such au enterprise:

One or two persons must do most of

The initial dues will prove to be in-ufficient and will later be raised. When the success of the venture is

If the club survives the first year of disappointment and complaints it will

go on. membership waiting list is the

best asset of all

Big Lesson From a Litt's Town.

The Boston Transcript, noting that the Democrats of the town of Revere, in | Mass, but forth a platform in the re cent campaign duly signed by the chairman and secretary of the party that one of the planks pledged the study of the town for the purpose of adopting a general plan for the de-velopment of the water, sewer and fire systems and the streets of the town.'
It says in comment: "If this were the general practice, if development did not depend so muck on the operations of 'cliques' at town meetings, many a town would be better off than it is to-day. In the 'little democracies' fights between 'quarters' rage for the control of the appropriations.'

Beware of These Knookers!

than good may be classed as follows: First, those who oppose improvement; second, those who run it down to strangers; third, those who never advertise their business; fourth, those who du-trust public spirited ment fifth, those who show no hospitality to any one; sixth, those who hate to see others make money; seventh, those who oppose every movement that does not originate with themselves; eighth, those who put on long faces when town; ninth, those who oppose every public enterprise which does not appear of personal benefit to themselves.

Beverly (O.) Dispatch.

A STEADY DRAIN

Sick Kidneys Weaken the Whole Body -- Make You Ill, Languid and Depressed

Sick kidneys weaken the body brough the continual drainage of life g ving albumen from the blood into the urine, and the substitution of poison ous uric acid that goee broadcast through the system, sowing the seeds of disease. Loss of albumen cause weakness, languor, depression. Uric poisoning causes rheumatic pain, nervousness, nausea, cricks in the back gravel and kidney stones. The proper treatment is a kidney treatment, and the best remedy is Doan's Kidney Pills. Great Lexington cures prove it.

William S. Hileman, Main St., Lexington, Va., says: "I willingly recom-mend Doan's Kidney Pills. For a long time I was greatly troubled by an excess of uric acid in my system, causing a weakness across my back and general run-down feeling. Seeing Doan's Kidney Pills highly avertised for such complaints, I procured a box at Gorrell's Drug Store and began their use. They brought great relief and I might add that I know of several other perons who have taken them with the

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, ole agents for the United States.

Remember the name-Doan's-and

Land Falls as Tide Rises.

According to the report of Professor Milne to the British association, land adjoining the shore falls as the tide rises. By means of a seismograph placed one and a half miles from the shore at Bidston, Cheshire, it was found that the average deflection due to tidal effects represented a mange in

slope of about one inch in sixteen miles. The violence of the change appears to depend upon whether the tide rises slowly or whether it rises rapid ly and to an unusual height.-London Chronicle.

For More Than Three Decades

Foley's Honey and Tar has been household favorite for coughs, colds, and aliments of the throat, chest and lungs. Contains no oplates.

Good results always follow the use of Feley Kidney Pil's. They contain just the ingredients necessary to tone, strengthen and regulate the kleneys and bladder, and to cure backache. B H. Gorrell.

Everlasting Bricks.
Once made, a brick is practically indestructible. Nearly every brick that has ever been made by man from the beginning of time is still in existence on this earth. The men who made and laid them and who directed these operations have long since been gathered into dust. Some of them have doubtless contributed in their bodies to the making of more bricks. But the stead st and enduring square of baked clay persists and will until the heavens and earth are shriveled like

"It Beats All"

This is quoted from a letter of M. Stockwell, Hannibal, Mo. "I recently used Foley's Honey and Tar for the first time. To say I am pleased does not half express my feelings. It beats all the remedies I ever used. I contracted a bad cold and was threatened with pneumonia. The first doses gave great relief and one bottle completely cored me." Contains no opiates. B. H. Gorrell.

Too Much of a Good Thing.

A bag of peppermints sat beside Un-cle Ethan. "I always try," he said, "to be as broadminded as I possibly can be. But I can't help inclining to believe," he went on, "that no one ought to chew gum and eat candy at

A Reliable Medicine-Not a Narcotic

Get the genuine Feley's Honey and Tar in the yellow package. It is safe awarded on each general superintendand effective. Contains no opiates. ent's division for the best photograph Refuse substitutes. B. H. Gorrell.

"Your daughter practices on the pi-ano faithfully, I notice. Now, mine

"Mine does too. But she'd rather practice all day than help with the housework." - Louisville Courier-Jour-

A Generous and Charitable Wish

"I wish all might know of the benefit I received from your Foley's Kidney Remedy," says I. N. Kegan, Farmer, Mo. His kidneys and bladder wave him so much pain, misery and annoyance, he could not work, nor sleep. He says Foley's Kidney Remedy completely cured him. B. H. Gorrell.

Hold the knife in a slanting manner and follow the grain of the wood while cleaning dough off a bread Also do the washing of it away from the iron sink, for the least grease and black will get into the soft wood.

Torturing eczema spreads its bur-ning area every day. Doan's Omtment quickly stops its spreading, instantly elieves the i. shing, cures it permanently. At any drug store,

EASTERN TOWNS **BEING IMPROVED**

Civic Centers Beautiful and Playgrounds Provided.

WOMAN'S ENERGY BIG HELP.

Wayland, Mass., Will Have Parks and Recreation Places Under Direction of an Association Formed by Mother Who Lives Two Miles Away.

Many splendid improvements have been made in New England towns and cities this year, and one of these has been the beautifying of the civic center of Belmont, Mass., where a fine bridge has been constructed to facili-

tate the handling of traffic.

Mainly through the energy of Mrs James Lowell Moore the people of the town of Wayland, Mass., have secur-ed a charter for the Wayland Park and Playground association. Although plans have long been under way and there was strong hope for a play mer, it has been found impossible to do all the people desired, and the only playground this year was allotted to Cochituate village, in the extreme



BRLMONT CENTER.

southern end of the town. Wayland Center is a comfortable village in the center of a farming district, while Cochituate is a manufacturing village where the conditions are not so favorable for the children. This is a most progressive move for a town so thinly settled as Wayland. But Mrs. Moore and her associates recognize that Wayland must grow because of its proximity to Boston, and they propose to make an early start in developing the playground possibilities and to se-cure permanent areas for park and playground ideas. The movement is well received by the people, and there are good prospects for a successful

first year.
In this connection Mrs. Moore's example ought to be pointed out to those who hesitate. Her home is on a farm two miles from Wayland Center. Her boys are not particularly in need of playgrounds, and yet, as has been said, it is through her leadership that the progress to date has been made possi-ble. And the example of all in starting first in the extreme end of the town because there the need is greatest is much to be commended. Such unselfishness, for it must be remem-bered the whole movement is in the main directed by Wayland Center people, must do a great deal among rea-sonable people to weld the town to-gether and to dissipate those petty auimosities which so often spell disaster.

Station Gardening on the C. P. R. N. S. Dunlop, superintendent of the floral department of the Canadian Pacific railroad, recently started to send out a circular to station agents and section men all over the system, offering a number of prizes with a view to encouraging gardening around stations and section houses. Each general su-perintendent will award a prize of \$25 to the station agent having the best flower garden and neatest ground, and there will be prizes of \$10 and \$5 for locomotive foremen and also for section foremen. In addition, each superintendent will give a prize of \$10 and a second prize of \$5, while a first prize of \$10 and a second prize of \$5 will be of a flower garden at a station on the

Excellent Sweeping Ordinance An ordinance that would be of great benefit to any town has been passed in Columbus, Ind., making it unlawful for any person, firm or corporation to sweep dust, dirt, refuse or any accumulations from any building or from any premises to any sidewalk, gutter, street or alley. Instead, the sweeping must be done to the rear and the sweepings then gathered up, placed collectors to remove. The local board of health fathered the ordinance and it was nimed at business houses where clerks were in the habit of sweeping into the public streets.

CASTORIA The Kind You Have Always Bought

Bears the Chart Hetchire

